

FORBIDDEN!

Words of Body Image

OBJECTIVES:

By the end of the session, participants will be able to:

1. State at least three factors that contribute to a developing body image.
2. Describe aspects of a positive or negative body image.

RATIONALE:

Body image is an important aspect of sexuality that can impact one's mental health, physical health and sexual functioning.¹ A variety of lifespan factors can affect a person's body image; and it can be a challenging sexuality concept to address. *Forbidden!*² is a guessing game that can facilitate a dialogue and familiarize individuals with terms associated with body image. Through the course of game play, participants will communicate words, phrases and sentences to describe aspects of body image.

¹Planned Parenthood Federation of America, Inc. (2011). *Body image at a glance*. Retrieved from <http://www.plannedparenthood.org/health-topics/body-image-23374.htm>

²Vogelaar, A. (1999). *Positive encounters: Talking one-to-one with teens about contraceptive and safer sex decisions*. Morristown, NJ: The Center for Sex Education. Adapted with permission.

AUDIENCE:

Grades 9-12 and adult learners

TIME:

This lesson takes approximately 20 minutes to play.

MATERIALS:

- **Handout: FORBIDDEN! DIRECTIONS**
- Forbidden! Cards (*use Educator Resource: FORBIDDEN! CARDS*)
- Bell (optional)

PROCEDURE:

1. After reviewing the ground rules, explain that everyone has a body and a developing body image. Body image is a person's thoughts and feelings about his/her body, as well as an image of how others view her/his body. Family, friends, peers, periods of growth and development, and the media are just a few factors that can impact one's body image. Participants are going to play a quick game that addresses aspects of body image.
2. Divide participants into groups of five.
3. Distribute ***Handout: FORBIDDEN! DIRECTIONS*** to each participant and review the rules with the group.
4. Pass out a deck of ***Forbidden! Cards (see Educator Resource: FORBIDDEN! CARDS)*** to each small group. Tell participants that they may not peek at the cards.
5. Ring the bell or call "start," and direct the first clue-giver to begin the game.
6. After 20 minutes or when a team has completed the game, ring the bell or call "time."
7. Tell each team to count up their points. The team with the most points wins!
8. Use the questions below to discuss the game.

Discussion Questions:

- a. Which guess words were easiest/hardest to determine? Why?
 - b. How do you think the guess words relate to body image? Explain.
 - c. What else might impact one's body image?
 - d. How would you describe a positive body image? A negative body image?
 - e. Do any of the guess words relate to a positive body image? A negative body image? Explain.
 - f. What are some ways a person might develop a positive body image?
9. Collect the decks of cards and define any terms that need clarification.

FORBIDDEN! DIRECTIONS

Forbidden! is a form of verbal charades in which a person gives clues to help teammates figure out a guess word while avoiding certain forbidden words.

1. Each team member will take a turn to be the clue-giver. The clue-giver will pick one of the cards from the top of the deck and keep it hidden from the rest of the team. The card will contain a guess word, written in ***BOLD*** at the top of the card. This is the word the clue-giver will provide verbal clues for teammates to figure out. The five forbidden words directly underneath the guess word must be avoided. At each turn, the clue-giver must follow particular rules for giving clues:
 - a. **Use a single word, a phrase, or a sentence.** (*“Used correctly and consistently, this protects from HIV.”* This is an appropriate sentence to use as a clue for a card with the guess word condom and the forbidden words rubber, latex, prophylactic, penis and safer sex.)
 - b. **Do not use any part of the words printed on the card.** (*Sex* cannot be used as a clue for the guess word *sexual*.)
 - c. **Do not use gestures, sounds or hand signals.** (Puckering the lips as clue for the guess word kiss is not allowable. Nor is saying the guess word “sounds like” or “rhymes with” the guess word.)
 - d. **Do not use initials or abbreviations for words listed on the card.** (*STI* cannot be used as a clue for the guess-word *Sexually Transmitted Infection*.)
2. As a clue-giver gives clues, the remaining teammates can call out words until the guess word is correctly stated. Once the guess word is determined, continue clockwise with a new clue giver.

Note: *A clue-giver can pass on a card at any time if a guess word is taking too long to be correctly determined. The card that is passed must be set aside and cannot be attempted by another clue giver. Return to this card when all other cards are guessed.*

3. Teams will gain 1 point for every correct guess word. Teams will lose one point if the clue giver uses a forbidden word. There is no penalty for incorrect guesses.
4. Continue the game until the bell rings or “time” is called.

FORBIDDEN! CARDS

Copy the following pages and then cut along the lines to make one deck of *Forbidden! Cards*. Repeat for each team of five or six participants. Laminate cards for longevity.

<p><u>SIZE</u></p> <p>Numbers</p> <p>Large</p> <p>Clothing</p> <p>Small</p> <p>Medium</p>	<p><u>APPEARANCE</u></p> <p>Hair</p> <p>Looks</p> <p>Fashion</p> <p>Visual</p> <p>Mirror</p>	<p><u>CLIQUE</u></p> <p>Fit in</p> <p>Cool</p> <p>Jocks</p> <p>Nerds</p> <p>Goths</p>
<p><u>WEIGHT</u></p> <p>Pounds</p> <p>Fat</p> <p>Skinny</p> <p>Numbers</p> <p>Scale</p>	<p><u>MEDIA</u></p> <p>Television</p> <p>Magazines</p> <p>Movies</p> <p>Music</p> <p>Internet</p>	<p><u>GENDER</u></p> <p>Boy</p> <p>Girl</p> <p>Masculine</p> <p>Feminine</p> <p>Identity</p>
<p><u>EXERCISE</u></p> <p>Move</p> <p>Run</p> <p>Work out</p> <p>Burn</p> <p>Gym</p>	<p><u>SURGERY</u></p> <p>Cosmetic</p> <p>Lypo</p> <p>Face lift</p> <p>Nip / Tuck</p> <p>Botox</p>	<p><u>NUTRITION</u></p> <p>Healthy</p> <p>Balanced</p> <p>Food</p> <p>Groups</p> <p>Carbs</p>

<p style="text-align: center;"><u>COMMERCIAL</u></p> <p style="text-align: center;">Ads</p> <p style="text-align: center;">Television</p> <p style="text-align: center;">Alcohol</p> <p style="text-align: center;">Model</p> <p style="text-align: center;">Product</p>	<p style="text-align: center;"><u>DIET</u></p> <p style="text-align: center;">Less</p> <p style="text-align: center;">Eat</p> <p style="text-align: center;">Food</p> <p style="text-align: center;">Weight</p> <p style="text-align: center;">Calories</p>	<p style="text-align: center;"><u>MUSCLE</u></p> <p style="text-align: center;">Big</p> <p style="text-align: center;">Strong</p> <p style="text-align: center;">Abs</p> <p style="text-align: center;">Flex</p> <p style="text-align: center;">Guns</p>
<p style="text-align: center;"><u>EATING DISORDER</u></p> <p style="text-align: center;">Bulimia</p> <p style="text-align: center;">Anorexia</p> <p style="text-align: center;">Binge</p> <p style="text-align: center;">Food</p> <p style="text-align: center;">Control</p>	<p style="text-align: center;"><u>NAKED</u></p> <p style="text-align: center;">Nude</p> <p style="text-align: center;">Clothing</p> <p style="text-align: center;">Free</p> <p style="text-align: center;">Baby</p> <p style="text-align: center;">Skinny dipping</p>	<p style="text-align: center;"><u>SELF-ESTEEM</u></p> <p style="text-align: center;">Proud</p> <p style="text-align: center;">High</p> <p style="text-align: center;">Good</p> <p style="text-align: center;">Low</p> <p style="text-align: center;">Feeling</p>
<p style="text-align: center;"><u>CHARACTERISTICS</u></p> <p style="text-align: center;">Color</p> <p style="text-align: center;">Hair</p> <p style="text-align: center;">Eyes</p> <p style="text-align: center;">Height</p> <p style="text-align: center;">Weight</p>	<p style="text-align: center;"><u>BODY</u></p> <p style="text-align: center;">Breast</p> <p style="text-align: center;">Size</p> <p style="text-align: center;">Appearance</p> <p style="text-align: center;">Shape</p> <p style="text-align: center;">Image</p>	<p style="text-align: center;"><u>CELEBRITY</u></p> <p style="text-align: center;">Popular</p> <p style="text-align: center;">Emmy</p> <p style="text-align: center;">Famous</p> <p style="text-align: center;">Media</p> <p style="text-align: center;">People</p>